



# Acton Senior Center Newsletter

## MAY 2021

The Council on Aging at the Human Services & Senior Center is located at 30 Sudbury Rd Rear.  
Telephone: 978-929-6652. Email: [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov)  
Website: [www.actoncoa.com](http://www.actoncoa.com)  
Facebook: <https://www.facebook.com/actoncoa>



### Drive thru Lunch at the Senior Center

**Friday, May 7<sup>th</sup>, 12:00-12:30pm**

Provided by Life Care Center of Acton. Enjoy turkey and Swiss cheese on a croissant, chips and dessert boxed up and ready for you to take away. A \$2 donation is requested.

**Please sign up as soon as possible.**

### Open to All Seniors



### Virtual Day Trip to the House of Seven Gables

**Tuesday, May 11<sup>th</sup>, 1:00-1:45pm**

Skip the narrow, steep stairs and visit the House of Seven Gables from the comfort of your home via Zoom! You will watch a 15 minute pre-recorded tour of the house, followed by 30 minutes of conversation and Q&A with staff from this famous historical house in Salem. Built in 1668 by a Salem Merchant/Ship Owner, this designated National Historic Landmark is best known today as the setting of Nathaniel Hawthorne's 1851 novel. Please register to receive the Zoom link by emailing the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov).

### Frenemies: The Art World's Greatest Rivalries via Zoom

**Wednesday, May 12<sup>th</sup>, 1:00-2:00pm**

Join Jane Oneail, founder of Culturally Curious, for this virtual art appreciation program. Jane will examine the ways some of the world's greatest artists challenged and competed with each other for commissions, sales and status. Learn about rivalries between da Vinci and Michelangelo, Constable and Turner, and Matisse and Picasso. Then decide who history has treated most kindly! Please register to receive the Zoom link by emailing the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov). *Jane Oneail holds a master's in Art History from*

*Boston University and a master's in Education from the Harvard University Graduate School of Education. She has worked at some of New Hampshire's most esteemed cultural institutions, including the League of New Hampshire Craftsmen and the Currier Museum, where she founded the Alzheimer's Café. She has taught Art History at the college level for more than a decade, most recently at Southern New Hampshire University.*



### SAVE THE DATE!! -

#### Shredding Day

**Monday June 7<sup>th</sup> from 1:00-4:00pm**

We will be having a shredding company on site at 30 Sudbury Rd. to destroy personal documents. This event is sponsored by the Friends of the Acton Council on Aging and is for Acton residents only. Limit 3 grocery-sized bags per person.



### Director's Corner

May is Older American's month. Every day for the next 15 years, 10,000 baby boomers will reach age 65 in the United States. We will be celebrating all age 90+ Acton residents later this month. Acton has over 170 nonagenarians in Town! This month the COA is offering some outdoor activities while continuing to offer virtual programs, classes, and drive through events. Acton TV continues to air many of our recorded classes and programs for folks that may not be comfortable using technology. We are slowly and cautiously beginning to offer more in person activities. Hope to see you soon, **Sharon**



## Controlling the Image: US Propaganda during World War II via Zoom

**Tuesday, May 18<sup>th</sup>, 1:00-2:00pm**

During World War II governments on all sides of the conflict used propaganda to glorify their own cause and vilify their enemies. After the US entered the conflict in December 1941, the government created an agency, the Office of War Information, to shape American public perception of the conflict. This talk by historian Paolo Di Gregorio will examine the different themes that helped unify the nation in our war effort. Please email the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) to register to receive the Zoom link. *Paolo Di Gregorio, the Artifactual Scholar, is a historian, archaeologist, and educator with a passion for telling the stories of our past. He has presented numerous historical lectures and discussions on a variety of topics in American, European, and World history. His presentations at the Senior Center are always interesting and well-received!*

## Virtual Watercolor Class for All with Sandy Wilensky

**Wednesdays, May 19<sup>th</sup> through June 23<sup>rd</sup>, 9:00 -11:00am**

**Acton Seniors Only**

All levels of experience are welcome to this watercolor class via Zoom! Beginners will build skill upon skill while experimenting with various watercolor techniques. Those with experience can paint individual projects and choose to participate in lessons that are of interest. Classes will begin with a drawing warm-up/lesson, followed by a skill/technique that will then be incorporated into a watercolor painting. Visual perception, color theory, and elements of composition along with techniques of brush strokes, washes, layering, texture, special effects and transparency will be woven into the class instruction over time. Painting subjects will include still life, landscape and objects from nature. Paintings will be shared with the group with a goal of positive affirmation of learning. Recommend supplies list available upon request. Because of the popularity of this class, we will be using a lottery system. Please register for the lottery by emailing us at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) by Friday, May 7<sup>th</sup>. We will inform every one of their status by May 11<sup>th</sup>. *Sandy had a career in education with experience teaching people from age 3-93. She is a certified art instructor and believes strongly in the ability of all people to learn in a supportive setting and that enhanced learning occurs when interest is high and the student knows what he wants to learn. She has recently been teaching watercolor classes in area senior centers and in her studio at ArtSpace Maynard.*

## Ask the Lawyer with Cathleen Summers, Elder Law Attorney

**Acton Seniors Only**

**Wednesday, May 19<sup>th</sup>, 1:00-3:00pm**



Call the senior center on **978 929 6652 from 1:00pm Wednesday, May 5<sup>th</sup>** to register for a 20 minute telephone or Zoom consultation. Cathleen will contact the client at your allocated time on May 19<sup>th</sup> and discuss any issues in confidence.

Time is strictly limited to 20 minutes. If you need longer we suggest you make a separate appointment with Cathleen to follow up.

## 90s Birthday Drive thru Luncheon

**Open only to Acton seniors age 90+**

**Thursday, May 20th, 11:00-1:00pm**

**Call now to Register for a time**

We are hosting a drive through luncheon in honor of our Acton seniors who are aged 90+. If you didn't receive an invitation by May 7th and are 90 or older, please call the COA at 978-929-6652 so we may include you.



This free event is sponsored by Bridges of Westford, Sudbury and Nashua NH. Dinner for 2 with your choice of meat lasagna or vegetarian pasta, garden salad, fresh focaccia bread, sparkling water and cupcakes.



For more information on using Zoom, see "Virtual Programming" description on page 7

## The Music of World War I via Zoom

**Tuesday, May 25<sup>th</sup>, 1:00-2:00pm**

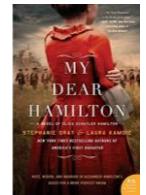
Join John Clark in this multimedia presentation, in honor of Memorial Day, as he highlights some of the most popular music of the war years (1914-1918). Prior to American involvement, British war songs were popular in the US, like *It's a Long, Long Way from Tipperary* and *Keep the Home Fires Burning*. Then, as events began to draw us into this "war to end all wars," opposing viewpoints were expressed in popular songs, like the pacifistic *I Didn't Raise My Boy to Be a Soldier* and the militaristic *Wake Up, America!* And the biggest wartime favorite of all, George M. Cohan's *Over There*. Of course there were romantic and sentimental songs that spoke for soldiers, spouses and families separated by the war, humorous songs, and even songs about how American life changed after the war. Featured artists include Al Jolson, Nora Bayes, Billy Murray, Henry Burr and the Peerless Quartet. Please register to receive the Zoom link by emailing the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov). *Prior to a career as a high school and adult education teacher, John Clark worked in music publishing in Nashville. He enjoys sharing his passion for music with senior centers and senior residences.*



## Book Discussion Group via Zoom

**Wednesday, May 5<sup>th</sup>, 1:00-2:30**

Join our monthly virtual book group via Zoom! The group will discuss *My Dear Hamilton: A Novel of Eliza Schuyler Hamilton* by Stephanie Dray and Laura Kamoie. To place a hold on this title through the Acton Memorial Library, go to [find.minlib.net](http://find.minlib.net). If you need assistance, contact the AML reference department at 978-929-6543 or [reference@actonma.gov](mailto:reference@actonma.gov). If you would like to read ahead, the title for the June 2 meeting is *Caste* by Isabel Wilkerson. Ann Kulsick facilitates the gatherings. If you are new to the virtual book group, please register by emailing [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov). We will email you the Zoom link which will also be posted in Special Announcements at [www.actoncoa.com](http://www.actoncoa.com).



logophile

## Words Galore via Zoom

**Fridays, May 7<sup>th</sup> through 28<sup>th</sup>, 11:00-12:00 \*Note new day and time!\***

Join Val Walker for a fun and lively hour of word play and brain twisters—a logophile's paradise! Learn new words, explore the history of old words and delve into the origins of words. Enjoy limericks, riddles, famous quotes, puns, and fascinating trivia about trendy words. Play guessing games with the dictionary and words-within-word games. Val Walker, MS, is an author, educator and consultant. She was a counselor for 20 years, is a contributing blogger for *Psychology Today*, and author of *The Art of Comforting* and *400 Friends and No One to Call*. Email the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) to register for this popular program.

## Computer Club via Zoom

**Wednesdays, May 12<sup>th</sup> and 26<sup>th</sup>, 1:30-3:00**

Bring your computer and hardware questions, problems and related issues to meetings via the Zoom platform. This is a club with no formally planned instruction. Several regulars share their experiences to resolve any computer issues from Windows system difficulties, email setups/usage, networking issues, upgrades and assistance with "how do I" frustrations. MAC and Chrome/Android users are welcome. Regular attendees will receive an email with Zoom meeting information from the group leader which will also be published on our website under "Special Announcements" prior to each meeting.

## Talk and Tea Tuesdays at Ten via Zoom

**Tuesdays, 10:00-11:00, ongoing**

Join in on this social group led by your peers! It is an opportunity for casual conversation on a different topic each week, so grab a cup of your favorite beverage and join new and old friends for an hour of chat. If you are new to the group, email the Council on Aging at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) for the Zoom link, which is also posted in Special Announcements at [www.actoncoa.com](http://www.actoncoa.com).



## Intermediate Chess Classes with Ken LeBow via Zoom

**Thursdays, 1:00-2:30; ongoing**

If you are playing chess with confidence but are seeking feedback on how to improve your game, this is the class for you! Chess is a great way to exercise your brain—studies show playing can improve memory, boost concentration skills and increase creativity. Class is ongoing but is open to new participants who should email [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) and include full name and phone number.



## The Friends of Acton COA

“An optimist is the human personification of spring.” Susan J. Bissonette

Now well into spring how much better this year seems to be.

The FCOA appreciates the opportunity to have supported virtual activities but is more excited to provide the resumption of in person programs when feasible.

**The Friends of Acton COA's next meeting: Monday, May 10<sup>th</sup>, 1:00pm**

**The Council on Aging Board** is hoping that Acton seniors are doing well.

By now, we hope that all are vaccinated or scheduled to be soon.

Outdoor activities are going well with more days of sunshine and warmth.

The COA Board has worked with the Natural Resources Department and has planned a Group Walk at the Acton Arboretum on May 24, 2021 at 1pm. We've selected that day because the LILACS should be in bloom and that will be very beautiful, right here in beautiful Acton! If you are interested, please sign up by calling the Council on Aging/Senior Center at 978-929-6652.

Best wishes for a Happy Mother's Day! We hope you are healthy and having a welcome spring.

**COA Board Meeting, Tuesday, May 11th at 10:00am via a new Zoom link:**

<https://actonma.zoom.us/j/94260771862?pwd=UUVZVmZUOFQvc043bDZVdk1pZGx3UT09>

Via Telephone: (646) 876-9923 and enter Webinar ID: 942-6077-1862

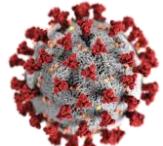
**Verizon/AOL/Yahoo users:** You may find emails from the Council on Aging/Senior Center are



sometimes blocked and marked as spam. If you are waiting for registration confirmation or a Zoom link from us, make sure to check your spam folder. You can remove the COA email domain (@actonma.gov) from your Verizon spam block. Follow this link to Verizon instructions: <https://www.verizon.com/support/knowledge-base200868/> or contact Verizon customer service for assistance.

## COVID Vaccine Information

If you are still in need of a vaccine you can call the COA for up to date information. The State of Massachusetts also has a help line at 2-1-1 (select option for scheduling an appointment) for anyone unable to arrange an appointment over the website, [www.vaccinesignup.mass.gov](https://www.vaccinesignup.mass.gov)



**Acton COVID-19 Vaccine Interest Form** - If you did complete the interest form but have received your vaccine elsewhere, please notify us.

If you have been fully vaccinated against Covid-19, the only proof that you have received your COVID shots is typically your paper vaccination record card with the CDC logo in the upper corner. The vaccination card tells you what Covid-19 vaccine you received, the date you received it, and where you received it — but that information is not being stored in any centralized, easily searchable database. Make a photocopy of your vaccination card. Keep a hard copy on file in a safe place. Take a photo on your phone too.

For more information on using Zoom, see “Virtual Programming” description on page 7

**Tune in to Java with John, Most Fridays at 10:00am** [www.youtube.com/actontv1](http://www.youtube.com/actontv1) and Acton Radio WAEM 94.9 FM. The show will be aired later on ActonTV. Join the Town Manager, the COA Director and guests, as they give a weekly update and answer questions. Check the website (or Facebook) under 'special announcements' for up to date broadcast information and guests. Questions can be emailed ahead of time to [manager@actonma.gov](mailto:manager@actonma.gov)

## Mind, Body and Spirit



### **Shoulder Pain and Rotator Cuff Virtual Workshop with Dr. Mike Stare**

**Wednesday, May 19<sup>th</sup>, 1:00-2:15**

Many people who deal with shoulder pain write it off to getting older, playing too many sports as a child, or the onset of arthritis and are stuck thinking "I have to live with this now." Learn about non-surgical options for dealing with shoulder pain, how to change some things you are doing at home to make it immediately feel better (such as avoiding the worst sleep position for shoulder pain), and gain insight as to what may be the source of your discomfort. Dr. Stare of Orthopaedics Plus Physical Therapy (OPPT) in Bedford offers a unique perspective as a practicing Doctor of Physical Therapy, Fitness Professional, and national lecturer. This presentation will be via the Go To Meeting video platform. Register for this program by emailing the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov). We will forward your email address to OPPT, who will send you a link to the presentation which you only have to click on to participate (no downloads needed). During the presentation, you can opt into receiving notifications from OPPT; otherwise they will not keep or share your contact information.

### **Outdoor Exercise Programs**

We are thrilled to offer some outdoor classes in May!

Please note for these classes to work, we need everyone's cooperation!



- To allow for as many people to participate as possible, folks can sign up for one exercise class only (the walking group and ANS balance class not counted towards this maximum).
- Please email or call the Council on Aging with your interest with your first and (if applicable) second and third choice by Friday, May 7<sup>th</sup>. We will fill the classes using a lottery system and will contact everyone by Thursday, May 13<sup>th</sup>.
- Classes are open only to Acton seniors age 60 plus.
- Classes will be held at the end of the Human Services/Senior Center parking lot.
- **Face coverings are required** the entire time you are on the grounds at 30 Sudbury Road.
- All attendees are required to fill out an exercise class waiver and emergency contact form, if updated ones are not on file.
- Remember to bring your "My Senior Center" key chain card to check in!

### **Outdoor Active Aging with Terri Zaborowski**

**Acton seniors only**

**Mondays, May 17<sup>th</sup> through June 7<sup>th</sup>, 10-10:45am    No class on May 31<sup>st</sup>**

**Fridays, May 21<sup>st</sup> through June 11<sup>th</sup>, 10-10:45am**

This class focuses on functional fitness with exercises designed to help seniors maintain strength, balance and independence. It is designed for every fitness level and modifications and adaptations are demonstrated for both standing and seated exercises. Start with flexibility training in a warm-up to increase the range of motion of your joints, followed by balance exercises to improve your gait and confidence in your daily routines, proceed to resistance training to build lean muscle and increase bone density all to the beat of the music. The end of the class will focus on static stretches to reduce stiffness, improve joint flexibility and to help muscles recover. Please bring your own weights, a water bottle and wear a good supportive shoe—no sandals. *Terri Zaborowski has been teaching fitness classes for the Council on Aging for 20 years. She specializes in older adult fitness and is a Certified Group Fitness Instructor and a Certified Personal Trainer.*

## Outdoor Senior Fitness with Cardio Intervals with Terri Zaborowski

**Wednesdays, May 19<sup>th</sup> through June 9<sup>th</sup>, 2:00-2:45pm**

**Acton seniors only**

Start with a 10-15 minute warm up to increase range of motion and prepare the muscles and prevent injury. Then have fun as you move to the music with intervals of strength training and cardio. This effective training method help you build muscle, strengthen your cardio vascular endurance and burn fat. Exercises are performed using hand held weights in both standing and seated positions. We finish with a 5-10 minute full body stretch and relaxation segment. Please bring your own weights, a water bottle and wear a good supportive shoe—no sandals.



## Outdoor Yoga Class with Patsy Brightman

**Wednesdays, May 19<sup>th</sup> through June 9<sup>th</sup>, 10:00-11:00am**



Self-healing of our body and mind will be the focus of this yoga class which will begin in a quiet and mindful manner. Classes will include a seated centering, a mix of gentle seated and standing movements, and a seated deep relaxation. No mats will be used and no prior yoga experience required. Bring water and dress comfortably. Patsy's aim is for everyone to go easy together, have some fun, and practice acceptance, i.e., noisy joints and all! This class is funded by a grant from the state's Executive Office of Elder Affairs. Registration by lottery; see details above. *Patsy Brightman is a certified yoga instructor with many years of experience teaching seniors and is a retired Registered Nurse.*

**Acton seniors only**

## Walk the Neighborhood with Terri

**Mondays at 9:00 am, ongoing (No walk on May 31<sup>st</sup>)**

**or Fridays at 9:00 am, ongoing**

**Acton seniors only**



The Monday walking group is currently full so we added a second day for walking! Join fitness instructor Terri Zaborowski for some exercise and connecting with friends in the neighborhood around the Senior Center! The group will begin and end with static stretches and walk for about a mile at a moderate pace. Walking is mostly on flat terrain with sidewalks. Wear sneakers, bring water and face coverings are required. No walk in the event of steady rain. Meet outside near the entrance to the Human Services/Senior Center building. Please call or email to register your interest in the walking group (978-929-6652; [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) ). Space is limited so walk only on the day you register for, and please let us know if you are leaving the walking group.

## Mindfulness/Meditation with Erin Loporto via Zoom

**Pre-Registration Required**

**Mondays, thru May 24<sup>th</sup>, 10:00am**

The Board of Health via a CHNA15 grant is collaborating with the COA to provide this program. Whether this is your first time meditating or you want to deepen your practice, join Erin LoPorto for this program. For more information contact Sheryl Ball at 978-929-6453 or [sball@actonma.gov](mailto:sball@actonma.gov). [Access the link to registration.](#)

## Laugh For Your Health with Susan Phillips via Zoom!

**Thursdays, 11:00-11:45am, ongoing**

Time to shed some stress and get refreshed! Group focus is on cultivating joy, ease, and warm connection—through contagious group laughter exercises, with short breaks of soothing belly breaths. Each class ends with guided relaxation. This practice is called Laughter Yoga, but there are no mats or yoga poses. Health benefits include increased energy and alertness, mood elevation, stress relief, positive connections with others, and an immune system boost. If you are a new participant, email the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) to register for this program and we will send you the Zoom link, which will be recurring, or you can view the link on our website [www.actoncoa.com](http://www.actoncoa.com). *Susan Phillips, M.Ed. is an Integrative Health Coach and Laughter Yoga Teacher. Her workshops promote laughter as a tool to build joy, resilience, connection, and collaboration.*



## Senior Trailblazer Lilac Walk at the Arboretum with Natural Resources Staff

**Monday, May 24<sup>th</sup>, 1:00pm**

**Acton seniors only**

Spring is a great time to explore the outdoors and Acton has many lovely walking destinations!

Join Bettina Abe from Acton's Natural Resources department to walk the Acton Arboretum during lilac season! Walking distance is about one-half mile on part paved and part stone dust paths. Wear comfortable sneakers for walking; face covering required. Parking lot address is 2 Taylor Road. Space is limited so please email or call the Council on Aging to secure your spot: [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov); 978-929-6652. Walk will be canceled in event of steady rain.



### A Few Short, Fun, Easy Trails

Spring is a great time to enjoy Acton's natural beauty. In a collaboration with Acton Council on Aging, Health and Natural Resource Divisions there is a 'senior approved' guide to 4 local trails. All the trails are easy to get to and all have accessible parking spots. Click here on the online newsletter [Trail Blazers Spring 2021](#). After your walks, you can share your experiences on the Council on Aging Facebook page. For a paper copy of the flyer contact the COA.



### Virtual Exercise Classes

The Acton COA offers classes and presentations through Acton TV's cable and on-demand YouTube channels, [www.actontv.org](http://www.actontv.org). You can view all of the classes that have been recorded from your computer, smart TV, smartphone, or tablet from the Acton Senior Center At Home Playlist: Go to [www.youtube.com/actontv1](http://www.youtube.com/actontv1), click on "playlists" and scroll down to "Acton Senior Center at Home." If you do not have access to the internet the classes are shown on Acton TV, Comcast 8 and Verizon 45.



### Bringing Our Programs into Your Home via Zoom

Most Council on Aging/Senior Center programs continue to be offered virtually, many using the Zoom video conferencing platform. Each program description will indicate how to participate. Consider giving Zoom a try if you haven't done so already! It is very user friendly, but if you'd like some assistance the COA can connect you with an Acton-Boxborough student to help you get acquainted with using Zoom.



- If you have not used Zoom, you can view tutorials on the company's website [www.zoom.com](http://www.zoom.com); click on the "support" tab. There are many how-to-use Zoom videos on YouTube including this one: <https://www.youtube.com/watch?v=9isp3qPeQ0E>. You can learn how to unmute yourself, allow yourself to be viewed to all other attendees via video, and how to change to speaker view so that the person running a class or giving a lecture will be prominent on your screen.
- If the Zoom program does not require registration, you can find the link on the day of the program under "Special Announcements" on our website [www.actoncoa.com](http://www.actoncoa.com).
- To register for a Zoom-based program, email the Council on Aging at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov). You will receive an email with the Zoom link by the morning of the scheduled program. If you do not receive the link, please check your spam folder or call the Council on Aging at 978-929-6652 for assistance.
- You do not need a Zoom account to attend a meeting. You can use a computer, smartphone or tablet. Some computers do not have cameras and microphones, so in that case you will be able to view/listen to the meeting but not be seen or heard.
- If you don't have any of these devices, you can join in via telephone call. Ask the COA for the information needed to dial in. For further zoom help see this extended article in our on-line newsletter at [www.actoncoa.com](http://www.actoncoa.com)



John Day is our new Minuteman Services Supervisor based at 30 Sudbury Rd. John currently lives in Carlisle. He has been at Minuteman for 6 years. Prior to coming here he managed the Winchester kitchen. Outside of work he is involved in local theater and occasional commercial and film projects. John also enjoys the outdoors as much as possible. He is happy to be working with a great group of professionals and volunteers here in Acton.

## Food Assistance

### **Healthy Helpings**

Has your doctor told you that you have high blood pressure or cholesterol and that eating differently might help? Are you struggling to meet your basic food needs, let alone follow a new diet? If so, the COA in partnership with Open Table has a new program to help! We are offering seniors bi-weekly Healthy Helpings Meal Packages. This program follows the American Heart Association's recommended eating plan to lower or control blood pressure and heart disease. You will receive ready-to-reheat-and-eat meals, select easy-to-prepare pantry items, plus recipes, health tips, and incentives to eat "heart healthy"! If you are interested in signing up or have questions, call Beverly or Sharon at 978-929-6652. Participation is free and confidential, space is limited. This Project is funded through CHNA 15 DoN funds from Lahey Hospital and Medical Center.



### **"Grab and Go" Lunches from the Senior Center**

In lieu of congregate lunches, Minuteman Senior Services has been providing daily lunches Monday through Friday for pick up, 11:30-12:30pm at the Senior Center. Not available on state holidays.

Additional menu options are available. For [menu](#) or to reserve a lunch please call at least 24 hours in advance at 781-221-7098. A \$2 donation is requested. Meals on Wheels Minuteman Senior Services can be reached at 781-272-7177, toll free (888) 222-6171 or visit [www.minutemansenior.org](http://www.minutemansenior.org)

**Open Table**, 33 Main Street Maynard, MA call 978-369-2275 or check website [www.opentable.org](http://www.opentable.org) for "Drive-Thru" pantry information.

Tuesdays 1:00pm-6:30pm, Thursdays 1:00-4:30pm. New guests are invited between 5:00-6:30pm.



**Acton Food Pantry - 978-635-9295**, 235 Summer Road, Boxborough. [www.actonfoodpantry.org](http://www.actonfoodpantry.org)  
Distribution Schedule 10am-7pm Wednesday and 9:30am-11:30am Thursdays as a DRIVE THRU PANTRY ONLY. During this time you do not need to be a registered client of Acton Food Pantry, They will provide food to anyone in need. CLOSED WEEK OF 4<sup>th</sup> WEDNESDAY EVERY MONTH. Donations always welcome – call to arrange drop off.

**Mount Calvary Community Supper**, 472 Massachusetts Ave,

**Wednesdays, 5:00-6:00pm, or until run out**. [www.mtcalvaryacton.org](http://www.mtcalvaryacton.org)

We will be handing out meals from the walkway at the back of the church, please follow our volunteers' directions. Bring a box or bag to place your meals in your car to prevent spillage. Please remember to wear your mask at all times when in the driveway. 1 meal per person in the car.

[May menu](#).

[www.mtcalvaryacton.org](http://www.mtcalvaryacton.org) or [www.facebook.com/CommunitySupperofActonMA](http://www.facebook.com/CommunitySupperofActonMA)



**AB Regional School District Free** curbside grab and go meal kit pick up is on Wednesday from 3:30-5:00pm at the Acton-Boxborough Regional High School Hayward Road entrance. The Food Services at AB are hoping to continue this program through July. We will share information as we have it. **There will be no service on June 2<sup>nd</sup>.**

Food Services also provides food to be ordered and paid for online with a contactless pickup at the RJ Grey Junior High School every other Tuesday afternoon from 3:00-4:00 pm. Pick up days are May 4th, 18th. [HERE](#) is the link to the online food ordering, see online newsletter for the link to order.

## Essential Assistance

If you are 60 years of age or older call Beverly Hutchings, Senior Services Coordinator at 978-929-6652 or email [bhutchings@actonma.gov](mailto:bhutchings@actonma.gov)



### SMOC, Fuel Assistance

The STATE has extended SMOC deadline for applying for Fuel Assistance to May 28th instead of April 30th (please note: payments are still only for 11/1-4/30)

**Senior Citizen Water Bill Discount Policy** - The Water Supply District of Acton offers a Senior Citizen Water Bill Discount that entitles seniors (65+) having low-to-moderate incomes to a reduction in their bill, Call the Town Assessor's Office at 978-929-6621 or the Water District at 978-263-9107.

**SNAP – Supplemental Nutrition Assistance Program** call Bev for information. 978-929-6652.

Check balance and monthly SNAP benefit amount by calling the DTA Assistance Line @ 877-382-2363. Enter your SSN and year of birth to hear an automated message with your monthly SNAP amount or visit [DTAConnect.com](http://DTAConnect.com)

**Serving Health Information Needs of Everyone (SHINE)** is a free Medicare benefits counseling program available to beneficiaries of all ages and people who are new to Medicare due to retirement, unemployment or disability. State certified counselors can provide impartial answers to *all of your Medicare questions* before you retire and well into retirement as your medical needs change.

Confidential counseling is available by telephone until in person counseling can resume. To make an appointment with your local SHINE counselor please contact Beverly Hutchings on 978 929 6652. SHINE is a service of Minuteman Senior Services funded, in part, by Administration for Community Living, the Cummings Foundation, The Acton/Boxborough United Way and local support of individual donors.

### **Medicare Savings Programs (MSP)**

Did you know that you can get help paying your Medicare A/B premiums, deductibles and, in some cases, co-insurance, co-payments and prescription drug premiums? **The Medicare Savings Program** is a federal program available to Medicare beneficiaries of all ages who meet the income and asset criteria: below. To view the application visit: <https://www.mass.gov/doc/masshealth-buy-in-for-people-who-are-eligible-for-medicare-0/download>

SHINE counselors are also available to help individuals determine if they qualify for MSP and provide application assistance. To schedule an appointment with your local SHINE counselor please call the COA at 978-929-6652

- Individuals with incomes between \$1396 and \$1771 with assets less than \$15,940
- Couples with incomes between \$1888 and \$2396 with assets less than \$23,920.

**Minuteman Senior Services**, our State Home Care, provides a variety of services including:

**Care Management** - In home assessment and support activities of daily living and Meals on Wheels. Minuteman Senior Services can be reached at (781)-272-7177, toll free (888) 222-6171 or visit [www.minutemansenior.org](http://www.minutemansenior.org)

**Grandparents raising grandchildren** may be interested in a recent Discovery Museum presentation *Grandparenting a Child with Autism: Roles, Responsibilities, and Supports*, can be viewed on Youtube at <https://youtu.be/bjYbIB03jMs>

### **Help Line Numbers**

**Alzheimer's Association** Helpline 1-800-272-3900,

**National Domestic Violence Hotline** 1-800-799-7233

**National Alliance on Mental Illness (NAMI)** 781-982-3318 – leave a message and a trained volunteer will call back within 24 hours <https://www.namicentralmiddlesex.org/support-groups>

**Samaritans** 1-800-273-8255,

**Grief Counselling** 978-774-5100



### **Legal Assistance**

**The Massachusetts Senior Legal Helpline for low-income seniors**

1-800-342-5297 Monday-Friday 9:00am-12noon.

**Dial-A-Lawyer: Free Legal Advice by Phone for Elders** - On the first Wednesday of every month, from 5:30-7:30pm, attorneys are available at 617-338-0610 or 877-686-0711. Sponsored by the Massachusetts Bar Association.

The COA also offers a bi-monthly "Ask the Lawyer" appointment service, see page 2.

**For Tax filing info see the last page.**

### **Information for Drivers**

#### **RMV Extended Hours for Seniors, 65+**

For up to date information regarding senior days visit [www.Mass.Gov/RMV](http://www.Mass.Gov/RMV) or call the RMV at 857-368-8005 or if you cannot get to the RMV you can visit a AAA location (members only) for license/id renewal or registration.



AAA is offering key timing advice to seniors and family members regarding when the time has come to consider retiring from driving. See [www.AAA.com/KeyTiming](http://www.AAA.com/KeyTiming) for a short video, questionnaire and advice, including establishing alternative transportation options.



### **ACTON TOWN SERVICES HOTLINE** **978-929-6600**

Speak to a town employee with questions you may have on the impact to services, and changes to scheduled opening times.

Pay your town bills on-line, and request and pay for permits.

Information can also be found on the Town website [www.actonma.gov](http://www.actonma.gov)

The Town of Acton Radio is broadcasting on WAEM 94.9 FM.

### **Veteran Services Officer for Acton and Boxborough**, James MacRae would

like to remind veterans and surviving spouses that there are benefits that you may be entitled to, including healthcare and accessing the Covid vaccine.

Reach out to him at [vso@actonma.gov](mailto:vso@actonma.gov) or call 978-929-6614 for a confidential chat about your needs.



### **Acton Memorial Library**

For up-to-date information visit [www.actonmemoriallibrary.org](http://www.actonmemoriallibrary.org) or call 978-929-6655 10:30am-5:30pm Mon-Fri, 10:30am-1:30pm Saturday.

Curbside pickup is currently available, in-person browsing has been re-instated – time in the building and numbers may be limited.

Stay up-to-date with announcements and library info by following us on Facebook, Instagram (@ActonLibrary) and Twitter (@ActonMemLibrary), or by going to [www.actonmemoriallibrary.org](http://www.actonmemoriallibrary.org)

### **Transportation**

All of Acton's fixed-route services, including the Rail Shuttle and Cross-Acton Transit (CAT), are suspended until further notice. Call the hotline for up to date information.

- **Door-to-door services remain in operation**, for essential trips (urgent medical appointments, groceries, etc.) however, riders are encouraged to utilize alternative modes of transportation if possible. To schedule rides, continue using CrossTown Connect dispatch by calling [978-844-6809](tel:978-844-6809) during normal business hours.
- Any additional questions can be forwarded to Austin Cyganiewicz by phone on 978-929-6513 or email [acyganiewicz@actonma.gov](mailto:acyganiewicz@actonma.gov).





## Acton Nursing Services

**Balance Matters!!** with Karen Patterson PT, Board Certified Clinical Specialist in Geriatrics is returning in May! Balance Matters!! Will be held in the upper parking lot with social distancing guidelines in place and masks required while entering and leaving the space. Join Karen as she provides a six week series of classes on increasing strength, balance, flexibility and confidence in performing activities of daily living. Sponsored by the Friends of the Acton Nursing Services:

**Balance Screening: Tuesday, May 11th, 9:00am-1:30pm**

**Acton Seniors Only call 978-929-6650 from Monday, May 3<sup>rd</sup> at 1:00pm**

There will be two classes offered to reduce the size of the classes for safety in social distancing.

**Classes will start Tuesday, May 18th and Thursday, May 27<sup>th</sup> at 11:00am for six weeks.**

Please see the additional guidelines as below:

Balance assessments times will be scheduled 15 minutes apart to give time to clean the room between visits. Residents should call from the parking lot when they arrive and someone will come to escort them in once the appointment prior has exited the building. Balance Assessments and Balance Matters!! Classes will also follow the below safety guidelines:

1. Reminder calls will include a symptom check to include symptoms of COVID-19, travel and not limited to close contact of positive COVID-19 cases in the two weeks prior to your appointment. Appointment can be cancelled based on these answers.
2. Any signs of fever, cough, shortness of breath, body aches etc. should be reported to ANS before coming to the building for your appointment.
3. ANS will ask questions related to symptoms, travel, risks of close contacts with COVID-19 and take temperatures before you are escorted into the building.
4. The client shall wear a face covering, there will be a handwashing station for use at entry and exit.
5. Please follow the guidelines in place by MDPH to help reduce the spread of COVID-19 including hand washing, social distancing of 6' and face coverings when social distancing cannot be achieved.

Thank you for your understanding to the changes during this difficult time and we look forward to seeing you all again soon!!

## Podiatry Clinics

**Acton Seniors Only**

**Appointments: Tuesday May 4<sup>th</sup> and Monday May 24<sup>th</sup>**

**Call 978-929-6650, we will start booking on Monday, May 3<sup>rd</sup> at 1:00pm.**

Leave a message and staff will return your call with your appointment time.

Durable Medical Equipment for Loan – Acton Nursing Service has a variety of items to loan, or if you have items to donate, call Denise, weekdays, 8:00am-5:00pm at 978-929-6650.

## Acton Fire Department

Smoke & Carbon Monoxide Detectors



The Acton Fire Department has a limited supply of battery operated combination smoke and carbon monoxide detectors available. Any senior who currently has a house built before 1975 with battery operated detectors is eligible. Priority will be given to those who have detectors that are non-existent, not working, or older than ten years old. To sign up contact the COA.

**FIRE DEPT.**

**SPRING!!!** Hello everyone!! Tom Matthews your friendly, neighborhood, firefighter in the Town of Acton. We talked about the File of Life last month and we hope you all are doing well! Spring is here and the nice weather lay ahead. This month we want to focus on some Spring Cleaning.



We just recently did a time change, did you “Spring” ahead all of your clocks? Most importantly did you change your batteries in your smoke and CO detectors? If not now would be a great time to do so. Some of you may have new detectors that have a 10 year battery. That is great, but you should make sure they are in date and it is not a bad idea to test them!

The next thing you should do with a family member is to review all your medications. Then dispose of expired or no longer in use medications. The COA can advise how to dispose of properly. There are a few reasons to do this. One is so that you do not take the wrong medications by accident. Also for those that have grandkids, it lessens the chance of them getting a hold of them and ingesting them.

Spring is a great time to review and make any corrections to your file for life! I was on a medical call just the other day and the resident informed us that her file for life was on the refrigerator for us to get the information we needed.

Spring is a great time to open the windows and get some fresh air. Just be careful for those who have grandkids that like to climb. Screens are not meant to hold weight and kids have fallen out windows when pressing against screens.

When going outside don't forget your sunglasses and or hats!! The sun is bright and we want to avoid trips from the bright sun light.

Lastly with the spring warmth and the rain the lawns and other areas maybe soft to walk in. Just be mindful of that so to avoid losing your footing or those who have and use canes or those wheeled walkers those surfaces might be tough to get through.

Again we want all our senior citizens to be safe in their home. If you ever have any questions or concerns do not hesitate to reach out. Until next month please be safe!!

## **Acton Police Department**



The Acton PD encourage you to contact them on their non-emergency number **978-929-7711** or Detective Mike Eracleo on **978-929-7543** if you have concerns or feel you have been a victim of fraud. Do NOT give any personal information over the phone. Be aware that now that the better weather is coming so are the landscaping, roofers and driveway sealer scammers – if in doubt of the legitimacy of any unsolicited offers you can call the non-emergency number.

## **Safer Homes, Safer Communities: Community Gun Buy Back Program**

**Saturday, May 15<sup>th</sup>, 9:00am-12:00pm**

Saint Matthew's United Methodist Church 435 Central Street, Acton, MA 01720

From a collaboration between Minuteman Senior Services, AB Cares and Acton Boxborough Suicide Prevention Community Coalition.



You will receive a gift card for each firearm you turn in and help reduce the risk of suicide, accidental discharge, and domestic violence.

### **NO I.D. REQUIRED NO QUESTIONS ASKED.**

Bring firearms unloaded with the safety engaged in a bag, box, or case. Leave the unloaded firearms inside the trunk of your vehicle upon arrival. The Middlesex Sheriff's Office and Massachusetts State Police will safely destroy all guns. For further information please visit [www.middlesexsheriff.org](http://www.middlesexsheriff.org). See the [flyer](#) for more event details.

## **Volunteers Sought for Town Boards & Committees**

For a list of openings, please visit <https://actonma.gov/jobs.aspx>.

There is no better way to give back to your community than volunteering. Applications may be filed online from the town's website at <http://www.acton-ma.gov/formcenter/town-managers-office-5/volunteer-application-43>.

► If you subscribe to the electronic newsletter Tell us to take you off the paper mailing list.

► Like us on Facebook [www.facebook.com/actoncoa](http://www.facebook.com/actoncoa)

**Highway61** has expanded access to educational and social programs so that people without internet access can participate via landline. Programs are free of charge. Please pass on this information to any friends or neighbors whom you think would enjoy the programs.

Dial-in number: 857-347-0880

Dial-in to these programs every day Monday-Sunday:



- Coffee Chat 11am
- Games (Bingo, Trivia etc.) 1pm\*
- \*Bingo is every M, W, F. Please print out a card to play:  
<https://bingobaker.com/#1228516> The COA can print out cards for you upon request
- Discussion (Various Topics) 2:30pm
- Reading Room 4pm
- Happy Hour 5:30pm

**This month the following activities are supported by the Friends of the Acton COA:**

*Drawing for All, Words Galore, The Music of WWI, House of Seven Gables virtual trip, watercolor class, Frenemies art lecture, and Controlling the Image.*

Visit the Friends website to find out how you can contribute [www.friendsofactoncoa.com](http://www.friendsofactoncoa.com).



### Thank you to.....

Brextion Bartlett, Noah Healy, Ashton Price and David Wright for the wonderful goody bags they made and donated for our Earth Day surprise!

CHNA 15 for purchasing the plants which were distributed for Earth Day.

Photos are in our on-line newsletter at [www.actoncoa.com](http://www.actoncoa.com)



**Follow the Acton Council on Aging/Senior Center on Facebook!** Get the latest information on programs and services, plus tips, photographs, aging related information and more. Search for @actoncoa on Facebook.

Follow or like our page and our posts will show in your News Feed.



Acton-Boxborough  
United Way

Acton Boxborough United Way, Thursday May 20<sup>th</sup>, 7:00-8:15pm join Karen Collins of Bisousweet Confections and ABUW Board president for a Zoom event baking key lime pie! Register by May 12<sup>th</sup>. The first 150 registrants in Acton and Boxborough can have their kit delivered to their home. For more details and ticket options go to <https://givebutter.com/ABUWpie> or to see what ABUW does visit <https://www.abuw.org/>



Cooperative Elder Services, Inc. is opening the doors to their new Acton adult day health center on Monday, April 19<sup>th</sup>. Located at 30 Sudbury Road, Suite 1 (south entrance of the building), CESI's program includes activities, service coordination, and nursing oversight.

For more information please call 978-448-1400.  
<http://www.elderdayservices.org/>

Our first in-person walking group led by Terri Z commenced in April:



Despite threatening skies the 11 participants enjoyed the exercise, and seeing each other! See upcoming classes listed on pages 5 & 6 and call us for availability.

ACTON COA STAFF	ACTON COA BOARD MEMBERS	
Sharon Mercurio, Director	<i>Ellen Feinsand Chair</i>	<i>Alma Sandman, Vice Chair</i>
Rosie Atherton, Office Manager	<i>Lori Cooney, Sec.</i>	<i>Chunsheng (Bill) Fu</i>
Chris Chirokas, Program Manager	<i>Jeff Bergart</i>	<i>Michelle Holmberg</i>
Bev Hutchings, Senior Services Coordinator	<i>Michael Chautin</i>	<i>Bonnie Lobel</i>
Bernice Nicoll, Activities Assistant	<i>Ann Corcoran</i>	<i>Niru Velankar</i>
Fiona Starr, Staff Assistant	<i>Jacquie Friedman</i>	
Terri Zaborowski, Exercise Instructor	<i>COA Friends, Monday May 10<sup>th</sup>, 1:00pm Zoom</i> <i>COA Board, Tuesday, May 11<sup>th</sup>, 10:00am Zoom</i>	

Links may also be posted on the homepage [www.actoncoa.com](http://www.actoncoa.com) under “Special Announcements”.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3 MAY</b>  At the Senior Center 9:00 Walk with Terri # <b>COA via Zoom</b> 10:00 Mindfulness with Erin#  	<b>4</b> <b>COA via Zoom:</b> 9:00 Drawing for All 10:00 Talk & Tea	<b>5</b> <b>COA via Zoom:</b> 1:00 Book Group "My Dear Hamilton"	<b>6</b> <b>COA via Zoom:</b> 11:00 Laugh for Your Health 1:00 Intermediate Level Chess Class	<b>7</b> <b>At the Senior Center</b> 9:00 Walk with Terri # <b>COA via Zoom:</b> 11:00 Words Galore <b>YouTube Acton TV live:</b> 10:00 Java with John*
<b>10</b>  At the Senior Center 9:00 Walk with Terri # <b>COA via Zoom</b> 10:00 Mindfulness with Erin# 1:00 COA Friends Meeting  	<b>11</b> <b>COA via Zoom:</b> 9:00 Drawing for All 10:00 Talk & Tea 10:00 COA Board Meeting 1:00 House of the Seven Gables Virtual Tour	<b>12</b> <b>COA via Zoom:</b> 1:00 Frenemies Art Lecture 1:30- 3:00 Computer Club	<b>13</b> <b>COA via Zoom:</b> 11:00 Laugh for Your Health 1:00 Intermediate Level Chess Class   2:00 Healthy Helpings Distribution #	<b>14</b>  At the Senior Center 9:00 Walk with Terri # <b>COA via Zoom:</b> 11:00 Words Galore <b>YouTube Acton TV live:</b> 10:00 Java with John*  
<b>17</b>  At the Senior Center 9:00 Walk with Terri # 10:00 Outdoor Active Aging # <b>COA via Zoom</b> 10:00 Mindfulness with Erin#  	<b>18</b> <b>COA via Zoom:</b> 9:00 Drawing for All 10:00 Talk & Tea 1:00 US Propaganda Talk	<b>19</b> <b>At the Senior Center</b> 10:00 Yoga # 2:00 Outdoor Senior Fitness # <b>COA via Zoom:</b> 9:00 Watercolor Class 1:00 Shoulder Pain <b>By appointment</b> 1:00 Ask the Lawyer	<b>20</b> <b>At the Senior Center</b> 11:00-1:00 90s Drive Thru Lunch # <b>COA via Zoom:</b> 11:00 Laugh for Your Health 1:00 Intermediate Level Chess Class  	<b>21</b>  At the Senior Center 9:00 Walk with Terri # 10:00 Outdoor Active Aging # <b>COA via Zoom:</b> 11:00 Words Galore <b>YouTube Acton TV live:</b> 10:00 Java with John*  
<b>24</b>  At the Senior Center 9:00 Walk with Terri # 10:00 Outdoor Active Aging # <b>COA via Zoom</b> 10:00 Mindfulness with Erin# <b>At Arboretum</b> 1:00 Lilac Walk - Trailblazers  	<b>25</b> <b>COA via Zoom:</b> 10:00 Talk & Tea 1:00 Music of WWI	<b>26</b> <b>At the Senior Center</b> 10:00 Yoga # 2:00 Outdoor Senior Fitness # <b>COA via Zoom:</b> 9:00 Watercolor Class 1:30- 3:00 Computer Club	<b>27</b> <b>COA via Zoom:</b> 11:00 Laugh for Your Health 1:00 Intermediate Level Chess Class   2:00 Healthy Helpings Distribution #	<b>28</b>  At the Senior Center 9:00 Walk with Terri # 10:00 Outdoor Active Aging # <b>COA via Zoom:</b> 11:00 Words Galore <b>YouTube Acton TV live:</b> 10:00 Java with John*  
<b>31</b>  <b>Memorial Day COA Closed</b>  	<b>Calendar Notes</b> Schedule correct at going to press. *Subject to change. <b>For programs marked # see individual descriptions for details on registering.</b> Acton TV broadcasts on Comcast 8 and Verizon 45 Check Acton TV schedule on page 6 and at <a href="http://www.actontv.org">www.actontv.org</a> For YouTube live broadcasts <a href="http://www.youtube.com/actontv1">www.youtube.com/actontv1</a> Contact the COA for information on Zoom links where stated at <a href="mailto:seniorcenter@actonma.gov">seniorcenter@actonma.gov</a>			Be an informed consumer. The Acton COA does not endorse or promote any private services or providers

## **Earth Day drive thru on Thursday April 22<sup>nd</sup>.**

We were delighted to share CHNA grant sponsored pansies with 40 seniors who drove by to celebrate Earth Day. Elementary school students David, Noah and Ashton did a tremendous job of not only handing out the gifts but had made goodie bags of seed packets and candy to distribute, with another friend Brexton. Well done!!

And we always enjoy hearing how much joy these bring.

What a nice surprise. I am so enjoying the plant and the items in the treat bag.  
Thank you - Susan H.

The violas have raised my spirits. The small candies were delicious. I'm looking forward to planting the seeds - mine are larkspur, my favorite flower.  
Thank you to all who participated. - Marion M.





## Tax Return Assistance

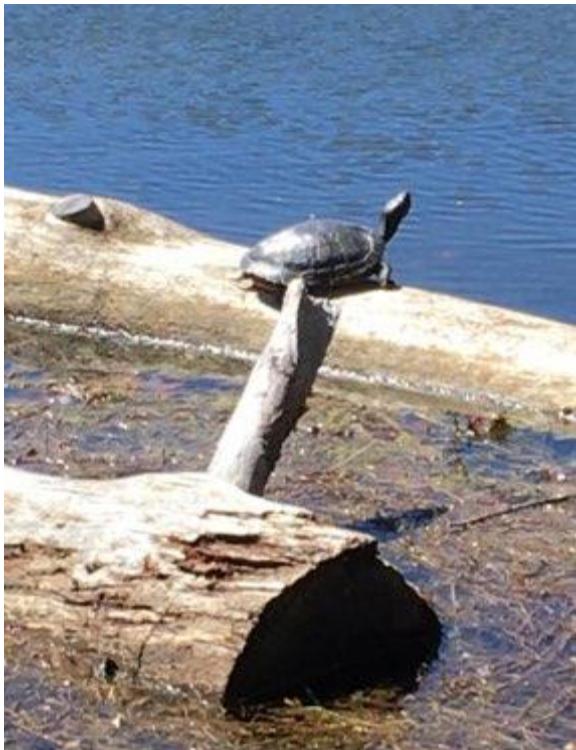
The pandemic has prevented the AARP Tax-Aide volunteers from working in person with taxpayers at an approved site. To assist taxpayers, a method using Virtual Returns has been implemented in the Acton area. First, request service by going to <https://taxaide.aarpfoundation.org/request-help> . That request will generate a response in 5 days or less, and taxpayers will be asked to complete a few forms electronically, scan their tax documents into PDF (Adobe) or JPG (pictures), and send them via email (it's secure) to the Virtual Return Coordinator at AARPFoundations.org . The return will be prepared, an electronic copy of the return will be sent, and reviewed with the taxpayer by phone or Google Meet (like Zoom), then filed electronically within 7 days.

You can call the AARP on 1-888-687-2277. **The deadline is extended to May 17<sup>th</sup>.**

If you have difficulty with electronic forms or scanning, the staff at the Senior Center can schedule an appointment and assist you. Call 978-929-6652.

This service is intended for eligible seniors with simple tax returns. For other options there are commercial and private tax preparers in town or you can consult your financial advisor. The IRS has a website [www.IRS.gov](http://www.IRS.gov) which gives a lot of helpful advice and options to obtain paperwork, as well as offering a 'self-filing' option, go to [www.irs.gov/filing](http://www.irs.gov/filing).

Individuals can also call 800-829-1040, TTY/TDD 800-829-4059. Waiting times may be extended.



Seniors enjoying a recent Trailblazer walk.

Staff may be contacted at the Council on Aging Monday thru Friday 8am-5pm, or leave a message if you have any concerns for yourself or a friend or neighbor. Times are still tough and we are here to help.

You can also call to just say 'hi' – we miss you all!